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# SEASONAL INFLUENZA, COVID-19 & RSV - 2022-2023

## Vaccinations for Influenza Type A & B and COVID-19:

- Patients can receive a **COVID-19** vaccine or booster and any version of the **Influenza** vaccine that is appropriate for them at the same time. If co-administered, COVID-19 and influenza vaccines should be administered in different limbs whenever possible.
- Influenza vaccination should be delayed in anyone with confirmed or suspected COVID-19, whether they have symptoms, until they test negative.
- A **PCR** test can identify both seasonal influenza type A and B viruses and SARS-CoV-2.
- A **PCR** test is usually not performed for **RSV** (Respiratory Syncytial Virus).
- Overall, healthy children are at higher risk for complications with influenza infections, compared with COVID-19 and RSV.
- There is NO vaccination for **RSV** (Respiratory Syncytial Virus). Infections are most common in children but is increasingly infecting adults.

## Contagiousness of Infected Persons:

- COVID-19 and Influenza are mostly spread person to person in close contact.
- Both illnesses are spread primarily by droplets from sneezing, coughing, and talking.
- COVID-19 infection can occur via physical contact with surfaces or objects that have a virus on them and then touching the eyes, nose, or mouth.
- **Influenza & RSV -** Most contagious during the **first 3-4 days** of their illness.
- **COVID-19** – Most contagious **1 day before symptoms** begin.
- **COVID-19** is more likely to be spread by those who are **asymptomatic**.

## Time of Onset of Symptoms AFTER becoming Infected:

- **Influenza & RSV** - typically **1-4 days**
- **COVID-19** - typically **2-5 days** (up to 14 days)

## Common symptoms shared by Influenza, COVID-19, and RSV

- Fever
- Sore throat
- Fatigue
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Runny or stuffy nose

- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea
- Ageusia (loss of taste) more common with COVID-19 than with influenza.
- Anosmia (loss of smell) more common with COVID-19 than with influenza.

## Complications of Infection:

- **Influenza** – Conditions that carry and increased risk for complications:
  - Age younger than 2 years
  - Asthma
  - Neurologic and neurodevelopmental conditions
  - Blood disorders
  - Chronic lung disease
  - Any endocrine disorders
  - Heart disease
  - Kidney disease
  - Liver disease
  - Metabolic disorders
- **COVID-19 -** specific conditions that increase a person's risk for severe illness:
  - Chronic kidney disease
  - Type 2 diabetes
  - Chronic obstructive pulmonary disease
  - Obesity (body mass index of 30 or more)
  - Immunocompromised state from solid organ transplant
  - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Sickle cell disease

## Prevention of Infection:

- **Avoid crowds**, especially indoors
- Practice consistent proper **hygiene** – **wash your hands**, avoid touching face, etc.
- **Masks** when exposure is possible:
  - Regular 1-2 ply masks will filter airborne particulate matter, but **not** viruses
  - M-95 masks are triple-ply and will trap both the influenza and COVID-19 viruses
- **Consider:** ***"Immune System Boost – Maintenance Dosing"***

## Treatment - Out-Patient:

- **All symptomatic patients** should review and initiate the supplement recommendations listed on ***"Acute Respiratory Infection".***
- **Patients with suspected** infection should have a **PCR** test that can identify both seasonal influenza type A and B viruses and SARS-CoV-2 to determine if any prescription therapy is indicated.
- There is no prescription therapy for **RSV** infection, only symptomatic.

- ***Influenza PCR Test* - Positive:**
  - **Rx: Tamiflu** *(oseltamivir)* **-** Inexpensive
  - **Rx: Xofluza** *(baloxavir marboxil)* 40 or 80 mg tab. Single Dose.
    - $150 cash. Coupons available online
    - Must be started within 48 hours – a short window to get a positive PCR test.
- ***COVID-19 PCR Test* - Positive:**
    - Treatment with monoclonal antibody prescription. Must be started ***within 5 days from onset of symptoms to be effective*.**
    - **Paxlovid** (nirmatrelvir 150 mg / ritonavir 100 mg) Pre-packaged with 30 tabs
    - **Lagevrio** (no generic) 200 mg. 40 tablets

## Treatment – Hospitalized Patients:

- **Remdesivir** (Tocilizumab)**,** an interleukin 6 (IL-6) inhibitor**,** is a *monoclonal antibody* that is administered I.V. and has demonstrated a clinical benefit in certain patients with a dysregulated immune response due to COVID-19 and in patients with both COVID-19 and influenza. It has also used to treat mild to moderate COVID-19 in non-hospitalized patients who are at high risk for progression to severe COVID-19 (e.g., hospitalization, death).
- **Corticosteroid**s, used to treat severe COVID-19, may be associated with poor outcomes in patients with influenza. However, dexamethasone has demonstrated substantial benefits for patients with COVID-19 who are hospitalized and require supplemental oxygen.

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December 7, 2022